

### Annual Membership Meeting Update

On October 17th we gathered at CCBC's campus in Hunt Valley for our annual meeting.



Starting with a lively business meeting, guided by AMTA National Volunteer Chris Voltarel, chair of the Chapter Relations Board, we were also joined by Melissa Hall, DC President and Jana Laird, Virginia President. This power team gave us a strong overview of AMTA leadership and service on the state chapter level, with a good dose of humor and humility.

Elections are held each year at the annual meeting, we would like to congratulate and welcome our new board:

**Sabrina Lopez**, President, **Amelia Mitchell**, First Vice President, and **Sally Mendoza**, Second Vice President. During the meeting, we also elected Jennie Natale as Treasurer, she has since offered her resignation, feeling that she needs to focus on some other areas of her life right now. During our first board meeting, **Rosa Compton** was elected to become our Secretary. Please read on to learn more about your chapter leadership.

We have two board positions open at this time, Third Vice President and Treasurer. If you are interested in serving your chapter in one of these positions, please email our president [Sabrina](#).

After a hearty lunch, we gathered for a wonderful continuing education presentation: Working with the Rotator Cuff with Jaime Bernardo. There was a lot of discussion and good feedback.



If you weren't able to join us for this meeting, we hope to meet you at an upcoming meeting or event.

**Association (AMTA)** is the largest non-profit, professional association serving massage therapists, massage students and massage schools.

AMTA provides our members with the strongest benefits in the profession. We promote massage to the public, the health care community and other important groups. We work for fair licensing of massage in all states, and actively support research. Your voice is heard in AMTA as we are governed by massage therapists. And, we provide a wealth of local and national networking and continuing education opportunities.

## Sabrina Lopez, President

Sabrina graduated from Anne Arundel Community College in 2009. She is currently an instructor at the Baltimore School of Massage and has her own private practice working with youth athletes. Sabrina has volunteered as communications chair and alternate delegate in previous years with both the TN and VA chapter. She has also served as treasurer and 1st VP for the VA chapter. Sabrina has recently moved to MD and is excited about continuing on her journey. She enjoys volunteerism and currently volunteers with the girl scouts and a youth soccer team. In her free time you can find her out on the soccer fields or curled up with a good book.



*Reach out to Sabrina with all your general and finance chapter questions:*

[sabrina.lopez.lmt@gmail.com](mailto:sabrina.lopez.lmt@gmail.com)

## Amelia Mitchell, First Vice President

Amelia Mitchell, LMT is the co-owner of Alchemy Healing Arts Center in Annapolis. She attended Anne Arundel Community College in 2005 and has been a therapist for ten years. Amelia became an AMTA member as a student. She is glad to be able to serve and give back, with the bonus of getting to know many other great therapists. Also a Delegate, Amelia attended the 2015 Convention in Pittsburgh. The mother of a 15 year-old equestrian, Amelia spends a lot of time at the barn. In her truly free time, you will find her out in nature, knitting, or working on a project around the house.



*Submit articles, photos, and event information to Amelia for the newsletter: [amelia@alchemyhealingartscenter.com](mailto:amelia@alchemyhealingartscenter.com)*

## Sally Mendoza, Second Vice President



Sally Mendoza (Burkholder) attended Potomac Massage Training Institute in Washington, DC where she graduated in 2009. She has been practicing massage since then and is licensed in both Maryland and DC. Sally lives in New Carrollton, MD and is the owner of Shine Massage and Wellness Studio in Riverdale Park, MD. She has been a

member of AMTA since she was a massage student and has been volunteering with the MD Chapter since 2013. Sally finds interactions with other massage therapists invaluable in her career and looks forward to connecting with other AMTA members.

*Talk to Sally about local-level events and membership activities: [sally.s.mendoza@gmail.com](mailto:sally.s.mendoza@gmail.com)*

## Rosa Compton, Secretary



I am a Registered Massage Practitioner and Certified Birth Doula. I have been a Doula for three years and a RMP for one year. I became involved with Massage Therapy while working as a Doula and decided to further my education in 2013. I studied massage therapy for over a year and attended two different massage programs. I enjoy

continuing to educating myself, as well as my clients about massage therapy. I am currently working as a teacher assistant at Baltimore School of Massage and really enjoy it. I chose to become involved with AMTA because I believe it is a great organization and I love what I do.

*Ask me if you have questions about previous chapter meetings: [mrscompton@live.com](mailto:mrscompton@live.com)*

## Delegates

Two delegates and two alternates to the National House of

Delegates were elected:

Cyndy Bartlett, Delegate

Julie Weitz, Delegate

Jane Adams, Alternate

Donald Boyce, Alternate

Our 2015-2016 Delegates will continue to serve their terms:  
Robin Anderson  
Amelia Mitchell

## Our Maryland Chapter

As a member-driven organization, your involvement is what will help make the chapter successful, mindful, creative, and fun!

The Maryland Chapter offers local-level events, CE classes, and opportunities for you to get involved. Visit an upcoming networking event for a relaxed opportunity to gather with fellow therapists and "talk shop." Take advantage of our CE Class offerings throughout the year. Or, get involved with shaping the Chapter by volunteering your talents on a committee or the chapter board.



Like the Chapter [Facebook Page](#) and join our [Facebook Group](#) to join the online community. And visit the [Chapter website](#) to check its resources.

Please email our President Sabrina Lopez, [sabrina.lopez.lmt@gmail.com](mailto:sabrina.lopez.lmt@gmail.com) if you have any questions or suggestions. You can also participate by sending news, volunteer announcements, and articles about massage to the communications team at [amelia@alchemyhealingartscenter.com](mailto:amelia@alchemyhealingartscenter.com).

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